

# Honey Is More Than Liquid Sugar

I think honey is better for you than sugar, but a friend disagrees, saying it's just like liquid sugar. Who's right?

While both honey and sugar are calorie-dense sweeteners, honey definitely has a few

things going for it that regular old granulated sugar doesn't. And recent research is revealing even more positives about that amber-colored concentrated nectar.

For one thing, honey supplies

a handful of nutrients that its granulated counterpart does not, including a small amount of calcium, potassium and traces of a wide variety of vitamins and minerals.

But honey also has been found to be littered with antioxidants - those great little agents that neutralize "free-radical" oxygen molecules that roam through the body and wreak havoc. Studies at the University

at Urbana-Champaign and Clemson University in South Carolina are beginning to shed more light on different types of honey and their antioxidant qualities. One surprising finding: Darker types of honey, which are less popular than lighter-colored honey, were usually found to contain higher levels of antioxidants. One exception was sweet-clover honey, which is fairly light but also rich in antioxidants.

While all this is great news for honey-lovers, nutritionists aren't suggesting that everyone start consuming honey at every meal. There are lots of other excellent sources of vegetables - and they also usually contain a lot of other vitamins and minerals that honey can only dream of providing. Plus, people simply don't consume enough honey to supply them with a significant source of antioxidants.

Still, honey does appear to be a more nutrient- and antioxidant-dense choice of sweetener than granulated sugar. And you can substitute honey for up to half of the sugar called for in baked goods by following a few simple steps. For each half-cup of honey used, reduce the amount of liquid in the recipe by 2 tablespoons and add 1/4 teaspoon of baking soda. Also, reduce the oven temperature by 25 degrees to reduce the risk of overbrowning.

*Chow Line is a service of The Ohio State University. Send questions to Chow Line, c/o Martha Filipic, 2021 Coffey Road, Columbus, OH 43210-1044, or filipic.3@osu.edu.*

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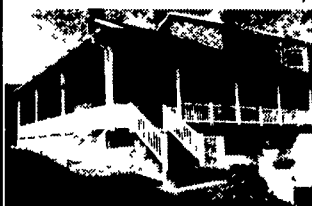
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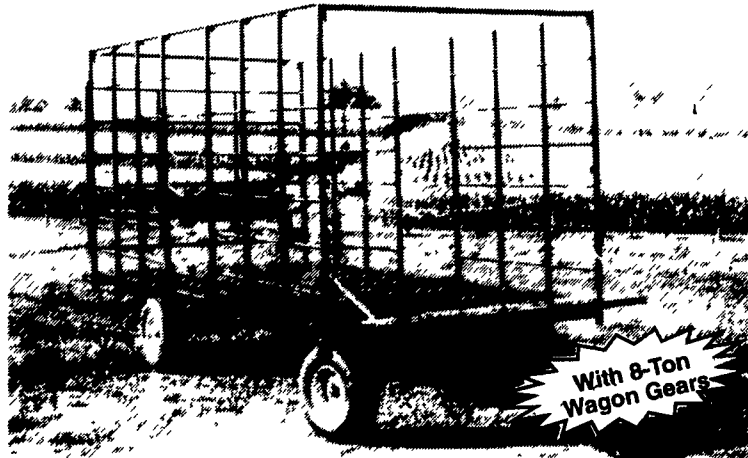
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